4: Fortes and Fortes E-5 (1934-1936) 1936
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desired, between two overlapping leaves. As soon as the water boils the cakes are arranged one on top of the other inside the pot, which is then closed tightly with a lid or calabash. The cakes are thus cooked by the steam, and are ready in 15 minutes. They are like baked porridge in appearance and are eaten with melted shea-butter spread over them and a sprinkling of salt and red pepper. *Guor* is principally cooked for market sale, but is occasionally cooked by the housewife to vary the menu.

Milk (*bihim*)

Milk is obtained only from cows and is eaten as curds (*bigbihir*) mixed with flour. Herdboys, however, when out on the pasture sometimes milk the cows for a drink.

Shea-Butter (*kpaam*)

There are five stages in the making of shea-butter:

1. The nuts of the shea fruit (*kpi*) are crushed with a stone to a brown pulp.
2. The pulp is placed in a large open pot (*sar*) over a fire, and stirred with a stick for a considerable time till it is a thick, sticky mass.
3. This is then ground quite fine. The grinding releases the oil.
4. It is now washed in several changes of water, being stirred continually with the hand, until the oil rises to the surface.
5. The oil is skimmed off the water, melted over a fire, and again skimmed till pure white oil is obtained. This is put into calabashes or small pots. The dark oil-scum (*kpabut*) is kept for medicinal purposes. It is only used externally. The brown fibrous residue left after the washing process is made into small balls and dried. This is *burum* and is used for making fires.

7:Lynn G-5 (1932-1936) 1937 FE11 Tallensi FE11

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●[372] The stalks are chopped from their roots with an old hoe, collected into bundles, and stacked near the compound for use as fuel in the dry season, and for building purposes. Throughout the dry season the ground is hard and bare, except for the roots of cereals lying about; it remains in this condition until the farming cycle starts again with the approach of rain in the following year.

Yields of Crops.

The methods by which yield data were collected have already been described on page 16. The yields from nearly a thousand sample plots have been recorded at the ten centres in North Mamprusi during the years 1932, 1934, 1935, and 1936. These yields have been analysed according to district, year of record, and whether or not the plots were manured in that year, and the analysis is given as Tables 5 and 6 of Appendix II. The number of sample plots from which each mean was obtained is given in brackets, as an index of reliability. (Unfortunately it is not possible to give standard errors of the means since the first recorded individual plot yields have been mislaid and only the mean yields and the numbers of plots were placed on record.) It will be seen from this table that wide fluctuations in yield occur from year to year and from one district to another in the same year. 1932 and 1936 were generally recognised to be good years and it is interesting to note that in both these years the rainfall curves were very similar. They show: showers of rain in February; good planting rains in early April, with curves rising to peaks in May, and then falling slightly at the end of June for the ripening of early millet; after that a steady rise to second peaks at the end of September, instead of August, which do not fall quickly until the end of October. The year 1934 was considered to be rather below the average due to shortage of rain, both early and late in the season, and an excess at the time early millet was ripening. From Table 5 in Appendix II the mean yields for the more important mixtures of crops have been taken and these are given in Table 3 opposite to the nearest 5 lbs. per acre; this table should be considered in conjunction with Table 2 (text). Yields from plots which were manured in the year of record are classified as such; it was not possible to consider either the quality or the quantity of manure applied in relation to yield. The remarkable effect of quite small dressings of native compost (see page 23) upon yields is noteworthy.